

Mayo Clinic Minute

Cause, remedies for thumb arthritis

VIDEO	AUDIO
	This is an inside look at thumb arthritis.
Sanj Kakar, M.D.	“ ... where you have the base of the thumb rubbing on a bone that we call the trapezium.”
	During that rubbing, the cartilage in the joint can wear away.
Sanj Kakar, M.D.	“It sits right about here. And this is where patients will complain about pain and swelling.”
Title: Sanj Kakar, M.D. Orthopedics Mayo Clinic	“So, it’s very common, especially in women.”
Graphic: Thumb arthritis Women over 70 50 percent	Orthopedic surgeon Dr. Sanj Kakar says nearly half of women over 70 years old may develop thumb arthritis, making for painful moments doing everyday chores and lifelong hobbies.
	Dr. Kakar says there are several options for alleviating the pain.
Sanj Kakar, M.D.	“Initially, the treatment for it is a splint that goes around your thumb.”
Graphics: Thumb splint Medication Physical therapy Steroid injection Surgery	Topical anti-inflammatory medications and physical therapy are helpful for some patients. Steroid injections reduce pain, too, although the effects can wear off over time. Dr. Kakar says surgery is a final option when a patient continues to experience debilitating symptoms.
Sanj Kakar, M.D.	“The main surgery there is taking out that bone. And, then, doing some form of suspension ...”
Sanj Kakar, M.D.	“ ... to prevent instability of that joint.”
Sanj Kakar, M.D.	“Surgery, when indicated, usually works very well.”

For the Mayo Clinic News Network, I'm Jeff Olsen.